

The simple past tense is a verb form used to refer to an action or series of actions that were completed in the past.

The simple past tense of regular verbs is formed by adding "-ed" to the infinitive form of the verb (e.g., "cook" becomes "cooked"). Most verbs in the simple past take the same form regardless of the subject (e.g., "He worked/we worked").

Reference:

Ryan, E. (2023). Simple Past Tense | Examples & Exercises. Scribbr.

Retrieved from: https://www.scribbr.com/verbs/simple-past-tense/ -:~:text=The simple past tense (also," becomes "talked").